

Exercises & Stretches

Ankles & Knees



Exercise 1

Ankle Circles

Sitting slightly forward on your chair. Bring one foot out in front on you. Start with your toes facing upwards and slowly start to draw a circle.

Go clockwise and anti- clockwise. Repeat with your other foot.

3 SETS OF 12 REPS



Exercise 2

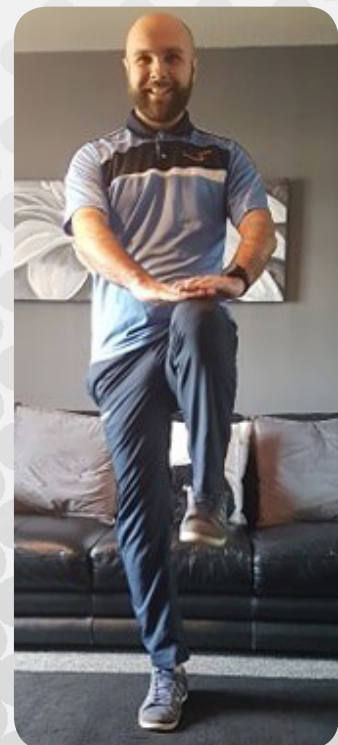
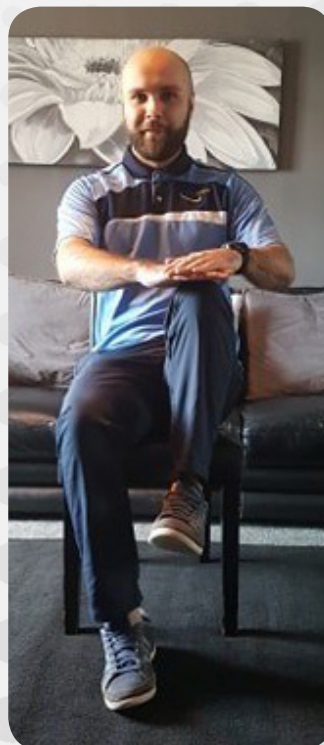
Single Leg High Knee to Waist

Sitting on the edge of your chair slowly lift one knee up to waist height, you can place your hands out in front as a guide.

Place this leg down and repeat with the other leg.

Progression - Standing single leg high knee to hand.

**1 MIN EACH LEG - 30 SECS REST
(REPEAT X 3)**



Exercise 3

Toe Taps

Sitting forward on your chair, bring your toes up and down at a comfortable speed.

Imagine you are tapping along to music.

**30 SECS WITH 30 SECS REST
(REPEAT X 3)**



Exercise 4

Heel Raises

Holding on the back of your chair, slowly lift your heels off the ground so you are balanced on your toes.

Hold for three seconds and lower your heels back down to the ground.

3 SETS OF 10 REPS



Exercise 5

Knee Bends

Holding onto the back of your chair, bend your knees and hips as if you were about to sit down.

Keep your feet flat to the floor and your knees apart, bend down as far as is comfortable. Hold at lowest point for 3 seconds and then stand back up.

3 SETS OF 12 REPS



Exercise 6

Heel to Toe Walking

Holding onto your chair place one foot in front of the other. Keep your feet flat on the floor, imagine you are walking on a tight rope.

If possible, repeat walking backwards.

4 SETS OF 10 REPS



Stretch 1

Ankle Stretch

Sitting forward on your chair, with one leg sitting at a right angle.

Your other leg should be slightly bent, with this foot closer to the chair.

Push your weight forward on this leg to feel the stretch up the back of your ankle. Repeat on your other leg.

Hold for 15 seconds and repeat 3 times



Stretch 2

Calf Stretch

Sit forward on your chair, holding on with both hands.

Slide one leg forward until it is completely straight with only your heel touching the floor.

Pull your toes towards your shins and lean slightly forward from your hips. Repeat on your other leg.

Hold for 15 seconds and repeat 3 times leg.

